

The purpose of this course is to develop and enhance healthy behaviors that influence lifestyle choices and student health and fitness with the knowledge, skills, and values they need to become healthy and physically active for a lifetime.

Semester One						Health and Physical Education Orientation Week						Semester Two								
M	T	W	TH	F		Class Norms & Expectations; Locker Rooms; Teamwork, Cooperation, Sportsmanship, Etiquette; Safety						M	T	W	TH	F				
August 2021						Unit 1: PYFP and Intro to Wellness						January 2022								
2	3	4	5	6		Health Education Content To Be Taught			Physical Education Content To Be Taught			3	4	5	6	7				
9	10	11	12	13		Mental Health, Physical Health, Social Health, Emotional Health, Health Continuum, Health Benefits, Health Assessments, SMART Goal, Overtraining, Hydration, Maslow's Hierarchy of Needs, Preventing Injuries, Hygiene, Preventative Healthcare, Energy drinks, sports drinks			Fitnessgram Testing, Components of Fitness, SMART Goal, Principles of Training, Target Heartrate Zone, Warm up and Cool Down			10	11	12	13	14				
16	17	18	19	20		Health Skills/Benchmarks Directly Aligned			Physical Education Standards/Benchmarks Directly Aligned			17	18	19	20	21				
23	24	25	26	27								24	25	26	27	28				
30	31					HE.8.C.1.2	HE.8.B.6.2	HE.C.1.4	HE.8.C.2.8	PE.8.R.6.2	PE.8.M.1.8	PE.8.L.3.2	PE.8.L.4.4	PE.8.L.4.5	31					
September 2021						Unit 2: Fitness and Nutrition Unit (3 weeks)						February 2022								
	1	2	3			Health Education Content To Be Taught			Physical Education Content To Be Taught				1	2	3	4				
6	7	8	9	10		Essential Nutrients, Food Labels, MyPlate, Benefits of Physical Activity, Lifestyle Diseases, Self-Management Skills, Diet and Supplements, Meal Planning			Caloric Expenditure, Fitness Program with Nutrition Support, Health-Related Physical Activity Benefits, Skill-Related Physical Activity Benefits, Aerobic, Anaerobic, Exercise Fact vs Fallacy, Measuring & Monitoring Fitness Levels			7	8	9	10	11				
13	14	15	16	17		Health Skills/Benchmarks Directly Aligned			Physical Education Standards/Benchmarks Directly Aligned			14	15	16	17	18				
20	21	22	23	24								21	22	23	24	25				
27	28	29	30			HE.8.C.1.8	HE.8.B.6.3	HE.8.P.7.2	HE.8.C.1.4	PE.8.L.4.3	PE.8.L.3.2	PE.8.L.3.1	PE.8.C.2.6	PE.8.M.1.7	28					
October 2021						Unit 3: Skill- Related Fitness Components						March 2022								
			1			Health Education Content To Be Taught			Physical Education Content To Be Taught (Week 1&2-Flag Football) (Week 3-Basketball)				1	2	3	4				
4	5	6	7	8		Communication, Decision Making, Refusal Skills, Peer Pressure, Conflict Management and Resolutions, Mental Concepts, Anxiety, Depression, Self-Esteem, Substance Abuse			Offensive and Defensive Strategies and Tactics, Individual and Dual Sports activities (rules and safety), Application of Skill Related Components to enhance performance levels. Invasion games, Flag Football, Basketball, Soccer			7	8	9	10	11				
11	12	13	14	15		Health Skills/Benchmarks Directly Aligned			Physical Education Standards/Benchmarks Directly Aligned			14	15	16	17	18				
18	19	20	21	22								21	22	23	24	25				
25	26	27	28	29		HE.8.P.7.2	HE.8.C.2.8	HE.8.B.5.3	HE.8.C.1.4	HE.8.B.4.3	PE.8.L.4.5	PE.8.L.4.3	PE.8.L.3.6	PE.8.C.2.7	PE.8.M.1.9	28	29	30	31	
November 2021						Unit 4: Human Sexuality and Invasion Games						April 2022								
1	2	3	4	5		Health Education Content To Be Taught			Physical Education Content To Be Taught (Week 1-Basketball) (Week 2&3-Soccer)							1				
8	9	10	11	12		Reproductive Systems, Teen Dating Relationships, Sexual Abstinence, STD/STI/HIV, Barrier Protection, Diseases, Disorders, Goal Setting, Advocacy			Physical Activites to enforce health content, Invasion games, Flag Football, Basketball, Soccer			4	5	6	7	8				
15	16	17	18	19		Health Skills/Benchmarks Directly Aligned			Physical Education Standards/Benchmarks Directly Aligned			11	12	13	14	15				
22	23	24	25	26								18	19	20	21	22				
29	30					HE.8.C.2.3	HE.8.C.1.4	HE.8.C.1.8	HE.8.C.2.2	HE.8.B.5.5	PE.8.C.2.6	PE.8.M.1.7	PE.8.M.1.3	PE.8.M.1.4	25	26	27	28	29	
December 2021						Unit 5: Personal Fitness Program Planning & FitnessGram Post Assessment						May 2022								
	1	2	3			Health Education Content To Be Taught			Physical Education Content To Be Taught			2	3	4	5	6				
6	7	8	9	10		Substance Abuse Prevention, Prescription Drugs, Performance enhance drugs, Peer Pressure, Injury Prevention & Safety, Validity of Health Information, Determine costs of health product and service, stress management, healthy vs unhealthy alternatives			Examine health problems associated with lack of activites, Implement of Principles of Training, Create, implement, and assess and design, and evaluate a personal fitness program, FitnessGram Post assessment			9	10	11	12	13				
13	14	15	16	17		Health Skills/Benchmarks Directly Aligned			Physical Education Standards/Benchmarks Directly Aligned			16	17	18	19	20				
20	21	22	23	24								23	24	25	26	27				
27	28	29	30	31		HE.8.C.1.4	HE.8.C.2.8	HE.8.P.7.2	HE.8.P.8.3	HE.8.B.6.3	PE.8.L.4.5	PE.8.R.6.2	PE.8.M.1.9	PE.8.L.3.2	PE.8.L.3.1	30	31			
NO CLASSES						Unit 5: Personal Fitness Program Planning & FitnessGram Post Assessment														
Health Education Content To Be Taught			Physical Education Content To Be Taught																	
Substance Abuse Prevention, Prescription Drugs, Performance enhance drugs, Peer Pressure, Injury Prevention & Safety, Validity of Health Information, Determine costs of health product and service, stress management, healthy vs unhealthy alternatives			Examine health problems associated with lack of activites, Implement of Principles of Training, Create, implement, and assess and design, and evaluate a personal fitness program, FitnessGram Post assessment																	
Health Skills/Benchmarks Directly Aligned			Physical Education Standards/Benchmarks Directly Aligned																	
HE.8.C.1.4	HE.8.P.7.2	HE.8.C.2.8	HE.8.C.1.8	HE.8.P.8.1	PE.8.L.4.6	PE.8.L.4.2	PE.8.L.4.1	HE.8.L.4.5												
HE.8.C.1.2	HE.8.P.8.3	HE.8.C.2.9																		
END OF SEMESTER REVIEW PRIOR CONTENT, MIDTERMS/COMMON ASSESSMENTS																				
NO CLASSES																				